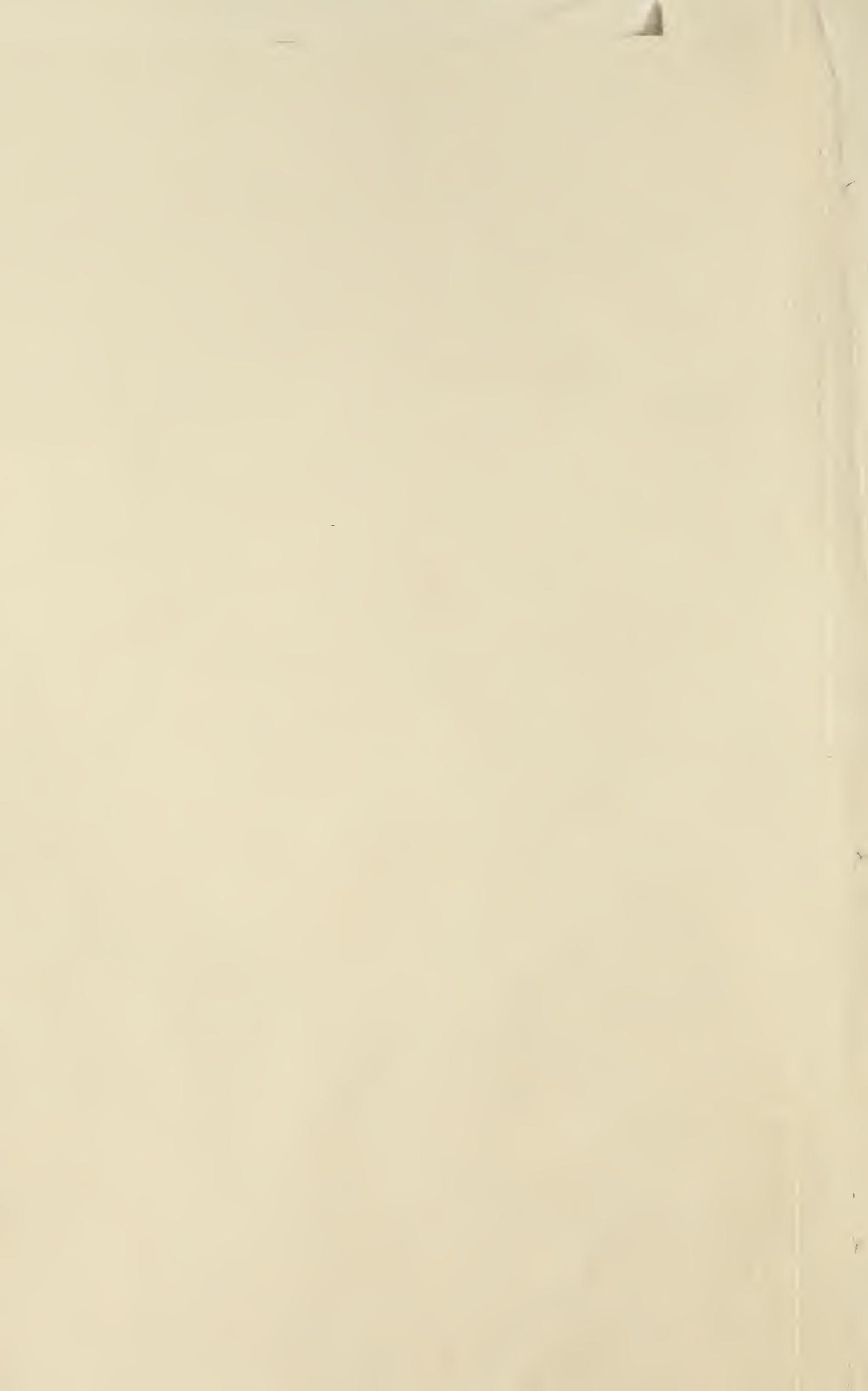


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Cooking Meat and Poultry

(For Institutional Use)

The U.S. Department of Agriculture recommends using a meat thermometer and cooking to the temperatures shown in the chart below.

Insert the thermometer into the thickest part of the roast so that the tip is not touching bone, fat, or gristle. For turkeys, insert the thermometer in the thick part of the thigh, next to the body of the bird. (Using a thermometer for other poultry

is not recommended because the chance of touching a bone is too great to ensure accurate measurement.)

United States
Department of
Agriculture

Food Safety
and Inspection
Service

Washington, DC 20250

FSIS-6
(Formerly FSQS-35)

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	Internal Temperature
Fresh Beef	
rare-more than 10 pounds	140°F 60°C
rare-less than 10 pounds	145°F 63°C
medium	160°F 71°C
well done	170°F 77°C
Fresh Veal	
	170°F 77°C
Fresh Lamb	
medium	170°F 77°C
well done	180°F 82°C
Fresh Pork	
	170°F 77°C
Cured Pork	
raw ham (cook before eating)	160°F 71°C
fully cooked ham (to warm)	140°F 60°C
shoulder (cook before eating)	185°F 85°C
canadian bacon (cook before eating)	170°F 77°C
Poultry	
turkey	180-185°F 82-85°C
boneless turkey roasts	170-175°F 77-80°C
stuffing (outside the bird)	165°F 74°C

